


* Not available in bldg. 407

NSA MENU








WEEK OF JANUARY 19TH THROUGH 23RD

	Monday 19 JAN.	Tuesday 20 JAN.	Wednesday 21 JAN.	Thursday 22 JAN.	Friday 23 JAN.
Morning Eye Openers 	MARTIN LUTHER KING JR DAY	SAUSAGE & CHEESE OMELET HOME FRIES (2) TOAST \$2.75	GRILLED HAM, EGG & CHEESE w/home fries \$2.50	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCS OF TOAST \$2.75
Grilled Greats 	MARTIN LUTHER KING JR DAY	ITALIAN CHEESE STEAK HOAGIE \$2.75	Italian Meatball Hoagie w/pizza Cheese \$2.75	Chicken Steak Sub w/lettuce, Tomato and Onion \$2.50 Fried Rice \$1.50	Mushroom & Swiss Burger \$2.50
Healthy Choice 	MARTIN LUTHER KING JR DAY	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
Specialty Station 	MARTIN LUTHER KING JR DAY	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 Baked Potato Bar \$1.75	Egg Roll Vegetarian \$1.25 Pork \$1.25 Dagwood Sandwich \$3.70	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
Feature Vegetables 	MARTIN LUTHER KING JR DAY	GARDEN PEA SLICED CARROTS SEASONED FRIES	Sugar Peas Brussels Sprouts Buttered Noodles Mashed Sweet Potatoes	Fried Rice Vegetable Lo Mein Oriental vegetables Vegetarian Egg roll Pork Egg Roll	Macaroni & cheese Stewed Tomatoes Cole Slaw
Daily Special 	MARTIN LUTHER KING JR DAY	CHEF'S CHOICE	Chuck Wagon Stew \$4.25	Sweet & Sour Pork over rice <i>Two side dishes & fortune cookie</i> \$4.50	Ham Pot Pie W/ 1 Vegetable \$3.95
Daily Special 	MARTIN LUTHER KING JR DAY	Baked Fish W/two Vegetables \$4.25	Ham Steak w/ 2 Vegetables \$4.25	CHEF'S CHOICE	Red fish W/ Two Vegetables \$4.25
Soup Du Jour 	MARTIN LUTHER KING JR DAY	Cauliflower Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Cream Potato Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Won Ton Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Maryland Crab Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK OF JANUARY 26TH THROUGH 30TH

	Monday 26 JAN.	Tuesday 27 JAN.	Wednesday 28 JAN.	Thursday 29 JAN.	Friday 30 JAN.
Morning Eye Openers 	(2)EGGS (2) BACON STRIPS OR SAUSAGE LINKS HOME FRIES (2) TOAST \$2.50	HOT CAKES SCRAMBLED EGGS & BACON STRIPS OR SAUSAGE LINKS \$2.50	Ham & Cheese Omelet w/home fries & toast \$2.75	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCS OF TOAST \$2.75
Grilled Greats 	GRILLED TUNA MELT On Texas Toast \$2.25	HOT DOG w/ Bacon and Cheese \$1.75	Italian Sweet Sausage w/peppers & Onions on Steak Roll \$2.75	BEEF BARBECUE SANDWICH \$2.50	Grilled Cheese \$1.25 Grilled Ham & Cheese \$2.20
Healthy Choice 	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
Specialty Station 	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA PEPPERONI \$1.30 MUSHROOM \$1.30 Turkey & Swiss on a Croissant \$2.90	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 WING \$.60 Baked Sweet Potato \$1.75	PIZZA Ham & Cheese Club \$3.70	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
Feature Vegetables 	Spaghetti Side Dish Sliced Carrots Baked Beans Au Gratin Potatoes	Whipped potatoes W/gravy Green Beans Corn & Peas	Rice Pilaf Scalloped Potatoes Succotash Wax beans	Vegetable Salad Buttered Corn Zucchini Whipped potatoes	<i>Chef's Choice Mixed Vegetables</i>
Daily Special 	Italian Sausage with two Vegetables \$3.95	Chicken Pot Pie W/ one Vegetable \$3.95	Chicken Tetrazzini With two vegetables \$4.25	Chef's Choice \$3.95	Tuna Plate \$3.95
Daily Special 	Chicken Parmesan w/spaghetti \$3.95 Sandwich \$2.75	Stuffed Beef Rolls With Choice of Two Vegetables \$4.25	BBQ Ham Steak W/ two Vegetables \$4.25	Beef Stuffed Pepper w/two sides \$4.25	Baked Ziti with Toast \$3.95
Soup Du Jour 	Vegetable Beef Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Beef Rice Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Chicken Noodle Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Ham & Bean Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Du Jour Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK OF JANUARY 5TH THROUGH 9TH

	Monday 05 JAN.	Tuesday 06 JAN.	Wednesday 07 JAN.	Thursday 08 JAN.	Friday 09 JAN.
Morning Eye Openers 	2 Eggs 2 Bacon Strips or Sausage Links 2 Toast Home Fries \$2.50	HOT CAKES SCRAMBLED EGGS & BACON STRIPS OR SAUSAGE LINKS \$2.50	Blueberry Waffles \$2.50	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCS OF TOAST \$2.75
Grilled Greats 	Grilled Rueben Sandwich \$2.75	1/3 lb. Bacon Cheese Burger \$2.75	CHEESEBURGER HOAGIE \$2.75 add French Fries \$.75	1/3 rd lb Cheddar Burger \$2.75	PATTY MELT \$2.75
Healthy Choice 	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
Specialty Station 	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA Roast Beef & Cheese on a Croissant \$2.75	FRIED CHICKEN Baked Potato Bar \$1.75	PIZZA Turkey Club \$3.70	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
Feature Vegetables 	Scalloped Potatoes Green Beans& Corn Cauliflower	Parsley Potatoes Green Beans Steamed Rice Wax beans	Mexican Rice Beets	Brussel Sprouts Corn Whipped Potatoes w/gravy	Mixed Vegetables Cole slaw French Fries
Daily Special 	Veal Steak With two Vegetables \$4.25	VEGETABLE Stir Fry Over Rice \$4.00	TACO SALAD <i>(served in a 12" tortilla shell)</i> \$4.25	CHICKEN POT PIE \$3.95	SPAGHETTI & MEATBALLS \$3.95
Daily Special 	Beef Porcupines W/two vegetables \$4.25	Bombay Chicken W/two Vegetables \$4.25	CHEF'S CHOICE	BAKED MEAT LOAF w/choice of two vegetables \$3.95	FISH & FRIES \$4.25
Soup Du Jour 	HAM & CORN CHOWDER Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	CHICKEN NOODLE Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	SOUTHWEST BEAN Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	BEEF NOODLE Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	CLAM CHOWDER Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25

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NSA MENU

WEEK JANUARY 12TH THROUGH 16TH









Monday
12 JAN.

Tuesday
13 JAN.

Wednesday
14 JAN.

Thursday
15 JAN.

Friday
16 JAN.

Morning Eye Openers 	Spanish Omelet W/Home Fries And Toast \$2.75	HOT CAKES SCRAMBLED EGGS & BACON STRIPS OR SAUSAGE LINKS \$2.50	YUMMY \$2.15	FRENCH TOAST W/TWO EGGS & BACON OR SAUSAGE LINKS \$2.50	WESTERN OMELET HOME FRIES & 2 PCs OF TOAST \$2.75
Grilled Greats 	Italian Steak \$2.75	Cheddar burger W/ bacon & sautéed onions \$2.75	Pork Barbecue Sandwich \$2.75	Cowboy Burger Grilled mushrooms & onions, bacon, & Monterey Jack cheese \$2.75	Home Made Crab Cake Sandwich \$2.50
Healthy Choice 	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE Baked potato bar \$1.75	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE	SALAD BAR WITH FRESH VEGETABLES AND FRUIT \$.25 PER OUNCE
Specialty Station 	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60	PIZZA Cold Meatloaf Sandwich \$2.70	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60 Baked potato bar \$1.75	PIZZA Italian Hoagie \$3.45	FRIED CHICKEN BREAST \$1.70 THIGH \$1.30 LEG \$.80 WING \$.60
Feature Vegetables 	Salad Chefs Choice Steamed Broccoli	Peas Sliced Carrots Stewed Tomatoes Buttered Noodles	Macaroni & Cheese Buttered Corn Mixed Vegetables Stewed Tomatoes	Mashed Potatoes With Gravy Garden Peas Buttered Corn Bread Stuffing	Chef's Choice Tossed Salad Zucchini & Tomatoes
Daily Special 	CHEF'S CHOICE	Beef Stroganoff \$4.25	BATTER BAKED FISH W/choice of two Vegetables \$4.25	CHEF'S CHOICE	Chicken stuffing casserole With one vegetable \$4.25
Daily Special 	Yakisoba With Two vegetables \$4.25	Pork Chop W/ two vegetables \$4.25	CHEF'S CHOICE	Roast Turkey W/choice of two Vegetables \$4.25	Shrimp Jambalaya With one Vegetable \$4.25
Soup Du Jour 	Cream of Broccoli Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Turkey Noodle Bowl \$1.70 Cup \$1.25	Barley Chicken Chili Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Chicken Noodle Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25	Du Jour Bowl \$1.50 Cup \$1.00 Chili Bowl \$1.70 Cup \$1.25